

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 17344, Game meat, deer, ground, cooked, pan-broiled

Report Date: October 16, 2015 09:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	64.23	--	0.418	62.5	65.3	5.0	63.16	65.307	1	Analytical or derived from analytical	--	02/2002
Energy	kcal	187	--	--	--	--	--	--	--	1	Calculated or imputed	--	02/2009
Energy	kJ	783	--	--	--	--	--	--	--	1	Calculated or imputed	--	02/2009
Protein	g	26.45	--	0.391	25.6	27.5	5.0	25.446	27.454	1	Analytical or derived from analytical	--	02/2002
Total lipid (fat)	g	8.22	--	0.296	7.3	9.4	5.0	7.456	8.978	1	Analytical or derived from analytical	--	02/2002
Ash	g	1.07	--	0.042	0.9	1.2	5.0	0.958	1.175	1	Analytical or derived from analytical	--	02/2002
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	1	Assumed zero	--	09/2001
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	1	Assumed zero	--	09/2001
Sugars, total	g	0.00	--	--	--	--	--	--	--	1	Assumed zero	--	03/2002
Minerals													
Calcium, Ca	mg	14	--	1.707	11	17	2.0	6.288	20.979	1	Analytical or derived from analytical	--	02/2002
Iron, Fe	mg	3.35	--	0.053	3.14	3.54	5.0	3.214	3.489	1	Analytical or derived from analytical	--	02/2002
Magnesium, Mg	mg	24	--	0.273	23	24	2.0	22.759	25.107	1	Analytical or derived from analytical	--	02/2002
Phosphorus, P	mg	228	--	2.848	222	231	2.0	215.413	239.921	1	Analytical or derived from analytical	--	02/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	364	--	3.930	356	369	2.0	346.757	380.576	1	Analytical or derived from analytical	--	02/2002
Sodium, Na	mg	78	--	2.074	75	82	2.0	69.21	87.057	1	Analytical or derived from analytical	--	02/2002
Zinc, Zn	mg	5.20	--	0.121	4.99	5.41	2.0	4.678	5.722	1	Analytical or derived from analytical	--	02/2002
Copper, Cu	mg	0.100	--	0.045	0.01	0.15	2.0	-0.094	0.293	1	Analytical or derived from analytical	--	02/2002
Manganese, Mn	mg	0.013	--	0.000	0.01	0.01	2.0	0.011	0.014	1	Analytical or derived from analytical	--	02/2002
Selenium, Se	µg	10.3	--	3.383	6	17	2.0	-4.222	24.889	1	Analytical or derived from analytical	--	02/2002
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2001
Thiamin	mg	0.503	--	0.172	0.16	0.7	2.0	-0.238	1.245	1	Analytical or derived from analytical	--	02/2002
Riboflavin	mg	0.327	--	0.009	0.31	0.34	2.0	0.289	0.365	1	Analytical or derived from analytical	--	02/2002
Niacin	mg	9.257	--	2.728	6.22	14.7	2.0	-2.48	20.993	1	Analytical or derived from analytical	--	02/2002
Pantothenic acid	mg	0.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2002
Vitamin B-6	mg	0.468	--	0.022	0.44	0.51	2.0	0.373	0.563	1	Analytical or derived from analytical	--	02/2002
Folate, total	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2002
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2002

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Folate, food	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	101.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Betaine	mg	13.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	2.32	--	0.519	1.78	3.36	2.0	0.092	4.554	1	Analytical or derived from analytical	--	02/2002
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2001
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2001
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2001
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2002
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2001
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2001
Vitamin E (alpha-tocopherol)	mg	0.68	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	02/2009

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Vitamin D	IU	0	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	02/2009
Vitamin K (phylloquinone)	µg	1.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	3.993	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
8:0	g	0.000	--	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	02/2002
10:0	g	0.000	--	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	02/2002
12:0	g	0.011	--	0.004	0	0.02	4.0	0.002	0.021	1	Analytical or derived from analytical	--	02/2002
14:0	g	0.320	--	0.040	0.24	0.44	4.0	0.208	0.432	1	Analytical or derived from analytical	--	02/2002
15:0	g	0.086	--	0.012	0.06	0.11	4.0	0.052	0.119	1	Analytical or derived from analytical	--	02/2002
16:0	g	1.769	--	0.126	1.45	2.13	4.0	1.419	2.118	1	Analytical or derived from analytical	--	02/2002
17:0	g	0.096	--	0.012	0.07	0.12	4.0	0.062	0.129	1	Analytical or derived from analytical	--	02/2002
18:0	g	1.691	--	0.149	1.32	2.11	4.0	1.277	2.104	1	Analytical or derived from analytical	--	02/2002
20:0	g	0.019	--	0.003	0.01	0.03	4.0	0.011	0.028	1	Analytical or derived from analytical	--	02/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0	g	0.002	--	0.002	0	0.01	4.0	-0.003	0.007	1	Analytical or derived from analytical	--	02/2002
Fatty acids, total monounsaturated	g	1.939	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
14:1	g	0.064	--	0.028	0.02	0.14	4.0	-0.013	0.142	1	Analytical or derived from analytical	--	02/2002
15:1	g	0.000	--	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	02/2002
16:1 undifferentiated	g	0.291	--	0.101	0.11	0.56	4.0	0.011	0.572	1	Analytical or derived from analytical	--	02/2002
17:1	g	0.031	--	0.002	0.03	0.04	4.0	0.025	0.036	1	Analytical or derived from analytical	--	02/2002
18:1 undifferentiated	g	1.545	--	0.084	1.28	1.77	4.0	1.31	1.779	1	Analytical or derived from analytical	--	02/2002
20:1	g	0.008	--	0.005	0	0.02	4.0	-0.005	0.021	1	Analytical or derived from analytical	--	02/2002
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
Fatty acids, total polyunsaturated	g	0.444	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:2 undifferentiated	g	0.262	--	0.006	0.25	0.28	4.0	0.244	0.28	1	Analytical or derived from analytical	--	02/2002
18:3 undifferentiated	g	0.098	--	0.017	0.06	0.13	4.0	0.051	0.144	1	Analytical or derived from analytical	--	02/2002
18:3 n-6 c,c,c	g	0.004	--	0.002	0	0.01	4.0	-0.003	0.01	1	Analytical or derived from analytical	--	02/2002
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
20:2 n-6 c,c	g	0.000	--	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	02/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated	g	0.000	--	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	02/2002
20:4 undifferentiated	g	0.081	--	0.002	0.08	0.09	4.0	0.074	0.087	1	Analytical or derived from analytical	--	02/2002
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
Cholesterol	mg	98	--	0.924	94	101	5.0	95.475	100.225	1	Analytical or derived from analytical	--	02/2002
Amino Acids													
Tryptophan	g	0.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Threonine	g	0.998	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Isoleucine	g	1.133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Leucine	g	2.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Lysine	g	2.143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Methionine	g	0.616	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Cystine	g	0.246	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Phenylalanine	g	0.998	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Tyrosine	g	0.825	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	1.281	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Arginine	g	1.576	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Histidine	g	0.788	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Alanine	g	1.540	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Aspartic acid	g	2.291	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Glutamic acid	g	3.744	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Glycine	g	1.441	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Proline	g	1.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Serine	g	0.911	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2001
Hydroxyproline	g	0.382	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2001
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2001